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#### **ABSTRACT**

This booklet identifies materials and organizations that provide information on learning disabilities. An overview describes learning disability identification procedures and eligibility for special education or related services in Colorado. The pamphlet then provides an annotated list of 9 general books on learning disabilities, 10 books for parents. 7 books for students, 4 postsecondary handbooks, 20 audiovisual materials, a main office and Colorado office address and phone number for recorded books on audiotapes, 8 organizations, 6 parent support groups, and 1 camp. (JDD)

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# Understanding Learning Disabilities

A Listing of Resources for Family, Friends and Individuals with Learning Disabilities

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Spring, 1994 Second Edition





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#### INTRODUCTION

Spring, 1994

Understanding learning disabilities is not a simple matter. This booklet identifies materials and organizations that provide information to help you better understand this complex disorder and to know how best to respond to it.

In some instances, materials are listed that present opposing views or ideas. All of the materials are listed because they may be helpful to you as a person with a learning problem, or to you who know or love someone who has learning problems. We encourage you to consider the diverse information available in the field. However, the inclusion of an item in this booklet does not indicate endorsement of the information by the Colorado Department of Education.

We would like to extend special appreciation to Chloe Richardson who spent countless hours gathering the information for this second, expanded edition of *Understanding Learning Disabilities*. Chloe undertook this project as part of an internship with CDE for completion of a Master's Degree from the University of Denver.

Thanks, Chloe!

Kay Cessna

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Moderate Needs Project

Special Education Services Unit

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# UNDERSTANDING LEARNING DISABILITIES

Students may be identified as having a learning disability by a physician or other medical person or by an educator. When this occurs, schools make every effort to adjust instruction and provide support. If a person is not able to benefit from regular education even with accommodations, he/she may qualify for special education services through the schools. In order to receive special education or related services in Colorado a student must qualify as "disabled." Many students with learning disabilities qualify under the category of Perceptually or Communicatively Disabled (PCD). The description of that category is:

A child with perceptual or communicative disability has a disorder in one or more of the psychological processes involved in understanding or in using language which prevent the child from receiving reasonable educational benefit.

A basic disorder in the psychological process affecting language and/or learning may manifest itself in an impaired ability to listen, think, attend, speak, read, write, spell, or do mathematical calculations. The term perceptual/communicative disability does not include students who have learning problems which are primarily the result of visual, hearing or motor handicaps, or limited intellectual capacity or significant identifiable emotional disability, or who are of environmental, cultural, or economic disadvantage.

Criteria for a perceptual or communicative disability preventing a child from receiving reasonable educational benefit from regular education need to include documentation of both a condition or disability the child is thought to have and the impact on education caused by that condition.

Indication of a condition requires evidence of a disorder in the psychological process which affects language and learning consisting of significant discrepancy between estimated intellectual potential and actual level of performance; also there must be evidence of difficulty with cognitive and/or language processing.

Secondly, there must be documentation of impact on education. For the category of PCD that means there is significantly impaired achievement in one or more of the following areas: prereading and/or reading skills, reading comprehension, written language expression (such as problems in handwriting, spelling, sentence structure and written organization), and/or comprehension, application and/or retention of math concepts.

Decisions about a student's ability for special education services are made by a school team which includes educators and family members. Information is gathered about a child's communication, cognition, social, emotional, and health status in order to determine eligibility and identify educational needs and strategies.

For further information about special education, contact the principal of your child's school or the Special Education Director in your district.



# GENERAL BOOKS ON LEARNING DISABILITIES

The Americans with Disabilities Act (ADA) and Learning Disabilities The Rebus Institute 198 Taylor Blvd., Suite 201 Millbrae, CA 94030

\$10.00 Single copy, \$7.00 for bulk orders of ten or more

This contains a brief overview of ADA, reprints of selected pages from ADA publications that address LD issues and a resource list of technical assistance materials and information.

Dyslexia: Integrating Theory and Practice By Margaret Snowling and Michael Thomson, eds. Whurr Publishers Ltd., 1991 London England. \$58.50 HARDBACK

> This book discusses the biological aspects of dyslexia and intervention techniques. It presents a great deal of information in six parts. The first part includes genetics and dyslexia. Part Two presents papers on the development of literacy and Part Three discusses the definition, nature and prevalence of dyslexia. The next three parts deal with intervention. Part Six describes strategies and practical skills to teach the dyslexic population.

In the Mind's Eye: Visual Thinkers, Gifted People with Learning Disabilities, Computer Images, and the Ironies of Creativity

By Thomas West Prometheus Books, 1991 Buffalo, New York \$24.95

> This book explores of the connections of visual imagery, creativity and the characteristics between the learning disabled. West presents a number of famous people, known for their creative genius, who seem to embody the model of creative, visual thinkers with a learning problem. The author suggests that highly visual thinkers will be increasingly valued as society emphasizes visual approaches to information analysis. This is an interesting consideration of the complexities of creativity.

Learning Disabilities and Your Child

By Lawrence Greene Fawcett Publishing, 1983 Columbine, New York \$9.95 PAPERBACK

This book includes case studies o students with learning disabilities.



## Learning Disabilities

By Betty Ösman Warner Company, 1979 New York, New York \$4.95 PAPERBACK

This book provides parents and professionals with advice on how to assist the learning disabled child both in and out of school.

## Making the Words Stand Still

By Donald Lyman Houghton-Mifflin Co., 1988 Boston, Massachusetts \$10.95 PAPERBACK

Written by a teacher with learning disabilities, this book is a narrative describing the author's and his students' struggles. Donald Lyman describes innovative methods developed during his 30 years of helping learning disabled children overcome their difficulties.

## Smart But Feeling Dumb

By Harold N. Levinson, M.D. Warner Books Inc., 1984
New York, New York
\$10.95 PAPERBACK

Written from a medical point of view, but in easy-to-understand language, this book examines the physiological causes of dyslexia. The author asserts that dyslexia can be diagnosed before children can read and presents new treatment methods.

## Smart Kids With School Problems

By Priscilla L. Vail Plume Books, 1987 New York, New York \$ 9.00 PAPERBACK

In this book Priscilla Vail reveals that students' minds are as varied as one's personalities. By reading this book one can discover how to activate all minds.

# The Learning Mystique: A Critical Look at Learning Disabilities

By Gerald Coles Pantheon Books, 1989 New York, New York \$10.95 PAPERBACK

Gerald Coles challenges the assumption that learning problems are biological. Coles scrutinizes evidence on which school and clinical practices are built and supports the concept that school failure cannot be separated from learning environment.



## **BOOKS FOR PARENTS**

Faking It: A Look Into the Mind Of a Creative Learner

By Christopher Lee and Rosemary Jackson Boyton/Cook Publishers, Heinemann, 1992 Portsmouth, New Hampshire \$14.95, PAPERBACK

Lee, a person with learning disabilities, looks back on his lifelong difficulties and explores how he came to resolve them. In this book Lee describes his difficulties in math, English and reading at the college level and looks back at his life as a challenge accepted rather than as problems which would defeat him. *Faking It* is an inspirational story for students with L.D., their parents and teachers. It is a great success story.

# Help Me to Help My Child: A Sourcebook for Parents of Learning Disabled Children

By Jill Bloom Little, Brown, and Company, 1991 \$9.95 PAPERBACK; \$8.95 HARDBACK

This comprehensive book includes a look at the legal and special education process and provides appendices of organizations, resources, terms, and articles.

## Helping Children Develop Study Skills-A Guide for Parents

By John H. Hoover Hamilton Publications, 1989 P.O. Box 1139, Lundale, Texas \$11.50

This book provides over 200 practical suggestions and ideas for helping children to develop study skills at home. It features a variety of practices for parents to help their children develop study skills.

#### The Misunderstood Child

By Larry Silver McGraw Hill Book Company, 1988 New York, New York \$8.95 PAPERBACK

This comprehensive, concise book for parents offers a practical, no-nonsense guide to understanding and helping their children.



Mothers Talk about Learning Disabilities: Personal Feelings, Practical Advice

By Elizabeth Weiss Prentice Hall Press, 1991 New York, New York \$8.95 PAPERBACK

This book includes narratives of parents describing their emotions, and experiences. There is a section of practical tips as well as a resource list.

No One to Play With

By Betty B. Osman Academic Therapy, 1989 Novato, California \$10.00 PAPERBACK

This book provides an exploration of the social difficulties associated with learning disabilities.

Parenting the Learning Disabled: A Realistic Approach

By R. Cummings and C. Maddux Charles C. Thomas Publishing, 1985 Springfield, Illinois \$26.50 HARDBACK

Parents on Dyslexia

By Saskia Van der Stoel Multilingual Matters Ltd., 1987 Philadelphia, Pennsylvania

This book includes stories told by British parents about their children with learning disabilities. Each situation is also examined and discussed by specialists.

The Slaying of the Dragon Within

By Joel Macht JEM Publishing Company, 1980 Littleton, Colorado \$7.95 PAPERBACK

This small, easily-read book provides an alternative to labeling children. Joel Macht creatively criticizes identifying the problem within a child and suggests looking for problems within the environment instead. The author cautions about the use of labels and their credibility.



# Why is My Child Having Trouble at School?: A Parents' Guide to Learning Disabilities

Barbara Novick and Maureen Arnold Viilard Books, 1991 New York

The authors cover information about learning disabilities including brain functioning and sensory-perceptual, motor and linguistic processes.



## **BOOKS FOR STUDENTS**

Coping With Learning Disabilities
By Lawrence Clayton and Jaydene Morrison
Rosen Publishing Group, 1992
New York, New York
\$12.95

These authors have put together a very readable primer for young adults that defines what learning disabilities are and provides useful strategies for dealing with the emotional consequences.

Keeping a Head In School
By Mel Levine
Educators Publishing Service, 1990
Cambridge, Massachusetts
\$34.50

This book teaches learning disabled children to believe that they have both strengths and weaknesses and that in order to succeed, one must have goals that are realistic.

The book is also on tape.

Landmark Study Skills Guide

By Joan Sedita Landmark Foundation, 1989 Prides Crossing, Massachusetts 01965

This book presents study skills and strategies that Landmark High School and College use. Many of the techniques are easy to learn and have proven to be successful.

### Order from:

Landmark College Fiver Road, RR1, Box 1000 Putney, Vermont 95346



## The School Survival Guide for Kids with Learning Differences

By Rhoda Cummings and Gary Fisher Free Spirit Publishing, Inc., 1991 Minneapolis, Minnesota \$10.95 PAPERBACK

Learning disabled students will find test-taking tips; organization skills; and short cuts in reading, writing and mathematics in this book. In addition, advocacy skills for individuals to use on their own behalf are presented.

A cassette tape is made of this text.

## The Survival Guide for Kids With Learning Differences

Free Spirit Publishing, 1990 Minneapolis, Minnesota \$10.00 PAPERBACK

This is a user-friendly book that provides strategies and ideas to help students be successful in school.

## You Are Not The Only One: Volume 1

By Patricia S. Tomlan
PST Educational Consultants, 1987
P.O. Box 620492
Littleton, Colorado 80123
\$6.75

This short book is a "teaching experience." It provides strategies and examples for the learning disabled student. Patricia Tomlan also discusses practical skills for all students who learn visually, auditorally and kinesthetically.

## You Are Not the Only One: Volume 2

By Patricia S. Tomlan PST Educational Consultants, 1989 P.O. Box 620492 Littleton, Colorado 80123 \$4.25

Volume 2 is filled with easy reading and important information. The first chapter discusses time management, organization, memory skills, writing skills, and making the transition into college or the working world. Each area is designed to be used as a springboard for further discussion.



## POST SECONDARY HANDBOOKS

Colorado Options: A Handbook of Post Secondary Services for Students with Learning Disabilities

By Special Education Services Unit Colorado Department of Education, 201 East Colfax Avenue Denver, Colorado

## Free upon request

This is for learning disabled students considering post secondary school. It describes schools available to any person who wants to continue education after high school. It is helpful to the learning disabled student because each institution lists services and contact persons available to the LD student. A list of guideline questions to assist in choosing a post secondary institution is included.

College and the High School Student With Learning Disabilities: The Student's Perspective

By Carol Wren, Pamela Adelman, Miriam Benjamin Pike, and John L. Wilson DePaul University Chicago, Illinois

This informative handbook is aimed at high school students with learning disabilities who are considering college. Topics are presented from the student's perspective including: common problems of LD students, getting help, finding a college and strategies for success.

#### Order from:

Dr. Carol Wren Project Learning Strategies DePaul University, SAC 220 2323 North Seminary Chicago, Illinois 60604

Lovejoy's College Guide for the Learning Disabled, 2nd edition. Charles T. Straughn, II, and Marvelle S. Colby

Simon & Schuster, Inc., 1988

\$12.95

This guide describes colleges and provides information for students with learning disabilities.



# Peterson's Guide to Colleges with Programs for Learning Disabled Students, 2nd Edition

Editors: Charles T. Mangrum, II, and Stephen S. Strichart

Peterson's Guides, 1988

Princeton, NJ Cost: \$19.95

The guide describes four-year colleges with LD programs.

## AUDIO/VISUAL MATERIAL

(Audio)

## Keeping a Head in School

By Mel Levine Educators Publishing Service, 1990 Cambridge Massachusetts \$34.50

This six cassette tape series follows the book *Keeping a Head in School*. Levine believes that, if one uses the tape and book together, best results will be obtained.

## Learning Disabilities: The Hidden Handicap

By John Merrow National Committee for Citizens in Education Wilde Lake Village Green, Suite 410 Columbia, Maryland 21044 (301) 997-9300

This set of six half-hour audio cassette programs focuses on how to access services for learning disabled children. Merrow also discusses ways to minimize the stigma of labels. Tapes are based on John Merrow's National Public Radio's *Options in Education* radio programs, but includes other information.

# How to Use Time Out Effectively

67 minutes \$9.95 plus \$1.50 for shipping and handling

This tape demonstrates and teaches time-out skills.

This tape cannot be ordered through bookstores. If interested in ordering, order from:

Parents' Press Post Office Box 2180-A Bowling Green, Kentucky 42102



# Issues of Parenting Children with Learning Disabilities (12 Audio Tapes)

The Lab School 4759 Reservoir Road, N. W. Washington, D. C. 20007 (202) 965-6600

# A series of 12 tapes with the following titles:

Building Self-Esteem

Setbacks -- Helping Children With Disappointment and Failure

No Friends, No Fun -- The Social Problem

Confidence in Parenting

I Wish My Kid Was Normal

Learning Disabled Children Build Character

Brothers and Sisters of the Learning Disabled

Helping Grandparents and Other Relatives Understand and Deal with the LD Child

Attention Deficit Disorder -- Controversies and Treatment

Which Preschoolers are at High Risk for Learning Disabilities?

Choosing Colleges that Serve the Learning Disabled

Keeping the Faith -- Looking at the Gifts the Learning Disabled Child Brings



## (Videos)

# I'm Not Stupid, I'm Learning Disabled

Garrnett Co Inc., 1986 1 hour

This tape will encourage students with a learning disability to follow their dream. The first part of the film introduces successful learning disabled individuals who speak candidly about their job and the assistance they need. The second part focuses on teaching the learning disabled. When watching this film, one will understand what mistakes are typical of a learning disabled student and what teaching strategies can help that individual compensate for his/her difficulty.

#### Order from:

Learning Disabilities Association of America 4156 Library Road Pittsburgh, PA 15234

## How Difficult Can This Be?

By Richard D. Lavoie \$39.95 plus \$8.50 for shipping and handling

Dr. Lavoie presents situations that allow adults and the viewing audience to experience the fears and frustrations experienced by the children with learning disabilities in the classroom.

Order from: 1-800-328-7271

# SOS! Help For Parents

65 minutes \$150.00

This tape is used by counselors, parents and educators. It is based on the book *SOS!* Help for Parents. Topics discussed include fundamentals of behavior and effective discipline, are basic skills for time out. This video also provides resources that may help your child and your parenting style.

#### Order from:

Parents' Press Post Office Box 2180-A Bowling Green, Kentucky 42102



## (Films)

Learning Disabilities -- First Hand Altschul Group 1560 Sherman, Suite 100 Evanston, Illinois 60201 \$235.00

This 15 minute film discusses the academic and emotional obstacles for persons with learning disabilities.

# SERVICES FOR BOOKS ON TAPE

#### MAIN OFFICE

Recording For The Blind 20 Rozel Road Princeton, New Jersey 08540 1-800-221-4792 (609) 452-0606

### LOCAL OFFICE

Recording for the Blind Denver, Colorado 80222 (303) 757-0787

This organization can put books on tape. In order to qualify for the services, one must do the following:

- 1. Fill out an application for borrowing
- 2. Display documentation of a learning disability from a doctor or special education program.

To be a part of this organization, one will have to pay \$37.50 for a lifetime membership.



## **ORGANIZATIONS**

(Many organizations provide excellent resources and information on learning disabilities. Most will send free informative literature and lists of additional resources). Some of these organizations are listed below.

## A. Colorado Organizations

Colorado Council for Learning Disabilities (CCLD)

P.O. Box 562 2640 East 12th Avenue Denver, Colorado 80206

CCLD is an organization for professionals who work with individuals with learning disabilities. It presents conferences, awards classroom teacher research grants, and provides networking opportunities throughout Colorado.

Colorado Learning Disabilities' Association of Colorado (LDAC)

Penny Dustin 1045 Lincoln Street, Suite 106 Denver, Colorado 80203 (303) 894-0992

CLDA provides information for parents and answers specific questions by telephone. It disseminates materials as needed.

Colorado Branch: Orton Dyslexia Society

P.O. Box 102092 Denver, Colorado 80250 (303) 721-9425

See next section, Orton Dyslexia Society

## B. National Organizations

Council for Exceptional Children (CEC)

1920 Association Drive Reston, Virginia 22091 (703) 620-3660

This professional organization is dedicated to quality education for all exceptional children. The division for learning disabilities publishes two journals: *Learning Disabilities Focus* and *Learning Disability Research*.



## The Council for Learning Disabilities (CLD)

P.O. Box 40303 Overland Park, Kansas 66204

This group is devoted solely to supporting professionals who work with students or individuals with learning disabilities. The organization publishes two outstanding journals, *LD Forum* and *Learning Disability Quarterly*.

## Learning Disabilitie Association of America (LDA)

4156 Library Road Pittsburgh, Pennsylvania 15234 (412) 341-1515

This organization focuses on providing information and support to individuals with learning disabilities, families and professionals.

## National Center for Learning Disabilities Inc. (NCLD)

381 Park Avenue South, Suite 1420 New York, New York 10016 (212) 545-7510

This advocacy organization strives to increase public awareness and understanding of learning disabilities. It publishes *Their World*, an annual journal presenting current learning disability issues and practices in laymen's terms. This comprehensive publication provides parents with information on up to date tools, technology and resources.

## Orton Dyslexia Society (ODS)

Chester Building, Suite 382 La Salle Road Baltimore, Maryland 21286-2044 (410) 926 -0232

This society provides information to assist children and adults with language/learning problems known as dyslexia and specific language disability. They provide a list of tutors and diagnostic centers as well as sponsor conferences and training.



# PARENT SUPPORT GROUPS

(The following parent groups are excellent sources for additional resources, parent training and workshops, and parent-to-parent support.)

## Effective Parents Project (EPP)

Shari Sjervin 1227 North 23rd Street, Suite 104 Grand Junction, Colorado 81501 (303) 241-4068

# Northeastern Colorado Parent Center (NCPC)

4812 South College Avenue Fort Collins, Colorado 80525 (303) 229-0224

# Peak Parent Center, Inc.

Co-Directors: Judy Martz and Barbara Buswell 6055 Lehman Drive, Suite 101 Colorado Springs, Colorado 80918 (719) 531-9400

## Parents Encouraging Parents (PEP)

John and Cyndy Burd 96 Gordon Lane Castle Rock, Colorado 80104 (303) 688-4756

# Parents Encouraging Parents (PEP Metro)

Sharon and George Harris-Coordinators 13204 East Louisiana Aurora, Colorado 80012 (303) 755-0953

# Legal Center Serving Persons with Disabilities

456 Sherman Street
Denver, Colorado 80203
(303) 722-0300
Contact Randy Chapman, Esq.



## CAMPS

Timberline Trails
Art Pliner
P.O. Box 397
Almont, Colorado 81210
(303) 469-0262

This four-week overnight summer camp is for children ages 8-18 with specific learning disabilities and related needs. Timberline Trails Camp introduces children to new activities that allow them to feel successful and competent. Focus is also given to the students' affective needs.

This nonprofit tax deductible camp is located in Tin Cup, Colorado (40 miles northeast of Gunnison). Need-based scholarships are available. For additional information contact Art Pliner.



The Special Education Services Unit of the Colorado Department of Education would appreciate your comments about *Understanding Learning Disabilities*. With your help we can make the second edition even better!

Please take a minute to complete this evaluation. Then mail it back to us. Thanks!

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		POOR	FAIR	GOOD	EXCELLENT
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What did you find especially helpful or good about the booklet?

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Other resources to include:

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Special Education Services Unit Colorado Department of Education

201 E. Colfax Avenue Denver, CO 80203



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We at the Colorado Department of Education hope you will enjoy *Understanding Learning Disabilities* and will find it useful! The publication of this booklet was made possible through funds associated with Public Law 94-142. A limited number of copies were made available to the Special Education Directors of every administrative unit in Colorado, to the Colorado Orton Dyslexia Society, the Colorado Learning Disabilities Association, and the Colorado Council for Learning Disabilities. Unfortunately, the Colorado Department of Education is not in a position to fill large orders. However, we want this booklet to reach as many people as possible. Therefore, those wishing to duplicate it may do so, in unlimited quantities and free of charge, as long as the following requirements are met:

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